

**OHIO YOUTH WRESTLING ASSOCIATION**  
**643 EAST TALLMADGE AVENUE**  
**AKRON, OHIO 44310**  
**www.ohioyouth.com**  
(330) 253-9959

RULES AND REGULATIONS

Revised November 2, 2022

**1. Season**

- A: First Practice **November 1, 2022**
- B: Dual meets December, January, February as shown on schedule
- C: Sectional tournaments **February 5, 2023** Top 4 finishers to districts.  
**The OYWA will assign the teams to sectionals.**  
A coaches meeting will be held to determine seeding for the sectionals.  
**An example of seeding criteria is at the end of these rules.**
- D: District tournament **Feb. 12, 2023**. Top 4 finishers to State.
- E: State Tournament **Feb. 19, 2023**.

**2. Eligibility:**

- A: Regular season eligibility:
  - 1. The Ohio Youth Wrestling Association is limited to students from **Kindergarten to 6<sup>th</sup> grade**, with birth dates after **August 1, 2010** (for the 2022-2023 season). OHSAA eligibility is the rule. Your roster will be checked. Birth certificates and/or report cards are required upon request.
  - 2. **No person shall, on the basis of sex, be excluded from participation in, be denied the benefits of, be treated differently from another person, or otherwise be discriminated against in the Ohio Youth Wrestling Association, league, meets, or tournaments.**
- B: Tournament eligibility:
  - 1. Each wrestler must weigh in and compete at least 4 times during the regular season to compete in the varsity (sectional) tournament.
  - 2. **Each wrestler must have made weight at his entered weight class (or lower) at least one (1) time.**
  - 3. On January 1<sup>st</sup> each wrestler will be allowed a 1 lb growth allowance.  
(56 is 57, etc)
  - 4. At Sectional Tournament each wrestler each wrestler will be allowed a 1 lb growth allowance.  
(56 is 58, etc)
  - 5. At District and State Tournament weights are the same as sectionals.  
(56 is 58, etc)
  - 6. **This tournament is intended for varsity Ohio Youth Wrestlers who participate each week in our dual meets. Missing a scheduled OYWA event to participate in a non-OYWA event will not be tolerated and will affect tournament eligibility.**
- C. All coaches must have background check. Background check process will be available from **September 15** and will not be processed after **Jan 1**, for each league season. Coaches pass will be issued to be used for all practices and dual meets. USA wrestling coach pass will be honored.

- D. All teams must have at least one person with a certified CPR card.
- E. All coaches must either (1) hold a [pupil-activity program permit](#) OR (2) successfully complete, every three years, an [online training program in recognizing the symptoms of concussions and head injuries](#).
- F. **All coaches and parents must complete the requirements of the Ohio law titled the Lindsay law.**

### 3. Roster

Each team is required to supply a complete roster. Please send a complete list of all your wrestlers to the Manager. List names in order of weight from lightest to heaviest.

### 4. Transfers:

When a wrestler begins the season with one team he may not transfer to another team within the league without prior approval. The decision of the general manager shall be final.

Team Transfer Rule: No team can change, or request a league change, without prior approval of the general manager and the 2 league directors involved. The general manager will have veto discretion. Such requests shall be made prior to November 1<sup>st</sup>.

### 5. Starting & Weigh In Times: This is extremely important

- A. The teams that wrestle first are responsible for moving mats, taping and setting up scoring tables.
- B. The teams that wrestle last are responsible for storing mats and returning scoring tables.  
This is a must. Don't shirk your duties. Unless this rule is carried out the Board of Directors may assess a fine to each team to cover the cost of excessive gym rental. (after one warning).

### 6. Weigh In:

- A. Present yourself at the scale with your entire team.
- B. Have your wrestlers line up by order of weight class -- 52 lb. first and on up to 175 last.
- C. Weigh in for each wrestler will only be conducted once. No one will be permitted to check his League weight or come back to try again. If you want to check weights do so at home. The official league scale is the only scale permitted in the gym.
- D. This league will not tolerate any wrestler's attempt to cut weight by undo measures the day of the match. By this we mean, (1) Running in the gym with excessive clothing on. (2) Any other method other than a normal body function. This league cannot and will not endorse children of this age trying to reduce weight.
- E. All wrestlers are required to weigh in singlet and optionally, socks.
- F. Any wrestler **3rd grade** and above is required to wrestle varsity if there is a spot available (if you have a **49**, he must go) Exception: agreement between both coaches that it is a total mismatch.
- G. Ohio Youth Wrestling Association reserves the right to evaluate any excessive weight loss and thereby determine the wrestlers eligibility.

### 7. Sportsmanship:

Each team must have one person (beside coaching staff) responsible for policing the gym. This person will be responsible for keeping order of both wrestlers and non-wrestlers during the time your team is in the gym. Excessive coaching and or fan reaction in an unsportsmanlike manner will not be tolerated, and could result in ejection from the gym. This includes non coaching people (fans). Continued actions will be referred to the Board of Directors for possible expulsion of the entire team or coach from this league for one year. Please control your coaches, wrestlers, and fans. Wrestlers are required to shake hands before

and after each bout. Let us all maintain this friendly expression throughout this league. All such incidents are to be reported to the General Manager.

Only two coaches will be permitted on the mat or within the ten foot area around the mat during any match. Both are required to stay in the same corner. Keep all non-participating wrestlers away from the mat.

#### 8. Official Score Sheet:

Each head coach or designated person should immediately upon entering the building contact the manager at the weigh in station to pick up #1 the official score sheet and #2 the All Star wrestlers list. After weigh in contact the opposing coach to determine your line up. Once this has been determined, fill out the All Star sheet and hand deliver to the person in charge of the All Star mat. Please list the weights, grades, and ages of all your All Star wrestlers.

Very Important: The official score sheet **must** be turned in at the end of each session.

#### 9. Scoring & Timing:

Each team is to provide one score keeper and one time keeper. It is very important that these people be knowledgeable about wrestling.

#### 10. All Star Matches:

Mats will be designated as the All Star mats. There will be an official to work this mat. Also, there will be one person in charge of scheduling these bouts. Turn you "All Star" sheet over to this person. Please, where at all possible, limit your All Star matches to your time period only. Don't send them out early and don't keep them beyond your time. Each wrestler is limited to one match only. Please record actual weight, grade and age of each wrestler on the All Star sheets.

#### 11. Current National Federation rules (as modified below by OYWA) will apply

- A. Headgear is **mandatory**, Modifications such as crossed straps and tape are permitted.
- B. Note Federation rules 4-2-1 for wrestlers appearance and health.
- C. Uniforms are optional -- No loose clothing. If a team uniform is supplied, it must be worn
- D. Wrestling shoes are optional but the wrestler must at least have gym shoes without metal eyelets.
- E. All Star will start in the standing position. No overtime .
- F. All time periods are 1-1-1 minutes
- G. 2 minutes allowed for injury time out. Maximum of two injury time outs.  
Loss of contact lenses or equipment adjustment will be at referees discretion.
- H. Middle school Federation rules apply for overtime
- I. A tech fall will be a 12 pt differential.
- J. All Star: Two one minute periods. 1-1.
- K. Weight Classes:  
**49, 52, 56, 60, 64, 67, 70, 73, 76, 79, 82, 86, 90, 95, 100, 105, 110, 120, 132, 150, 175.**
  - a. No varsity wrestler may participate under 46 pounds, max wt for heavywt is 175 lbs.
  - b. A wrestler will be permitted to wrestle "up" only one weight class.

## 12. Preparation

Important: To insure the smooth operation of all matches you are to have your wrestlers warmed up, external warm up clothing off, headgear on and ready to wrestle when their turn comes up.

## 13. Records:

We will not keep any team won-lost records. This league was organized for the sole purpose of introducing wrestling to those youngsters in the 4th, 5th, and 6th grades and to teach the sport and sportsmanship that goes hand in hand with wrestling. The discipline lesson learned in practice, body conditioning and actual competition was the prime objective of the founding fathers of the Ohio Youth Wrestling Association. In conjunction with this theme we expressly do not stress winning as the ultimate goal. These young people will soon learn the competitive spirit. Also, for this reason we ask you to go through the League's office with any News Releases. Please keep news releases in a positive spirit.

## 14. Admission Charge:

You (the coach) are asked to inform your spectators prior to coming to the gym that there will be a nominal admission charge. In the past we have experienced "surprised" people when they realize there is an admission charge.

## 15. First Aid:

The Ohio Youth Wrestling Association does not supply any first aid equipment. If any wrestler requires first aid, it will be the responsibility of each team to provide such care and equipment.

**16. Administration:** Dan Kemp, Director [turbograndam91@gmail.com](mailto:turbograndam91@gmail.com) Bob Conley, Vice President [rconley@rjccomputing.com](mailto:rconley@rjccomputing.com) Jennifer Williams, Admin Associate [Jenny@dieselectric.com](mailto:Jenny@dieselectric.com) Dale Hartwig, OYWA Support Desk [dale@rjccomputing.com](mailto:dale@rjccomputing.com)

Seeding criteria is at the discretion of each sectional and the coaches. The following is an example.

### Sectional seeding criteria.

One entrant per team at each weight class.

Once a wrestler is entered into a weight class and the seeding meeting is completed, that wrestler cannot change weight classes.

A maximum of eight seeds per weight class No seed can be refused or declined.

1. State place winner in the same weight class, any year
2. State place winner in a different weight class, any year.
3. State qualifier in the same weight class, any year.
4. State qualifier in a different weight class, any year.
5. Top six finish at Districts, same weight class, previous season.
6. Top six finish at Districts, different weight class, previous season
7. Higher winning percentage over 50% (minimum of 5 matches)